



# ACTIVITY LIMITATION



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## FACT

Sandy (Center) has the #8 highest percentage of adults with activity limitations in Utah.

*(Based on 63 areas of similar size)*

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# MOVE WHERE & WHAT YOU CAN

## EXERCISE ALTERNATIVES

*What Can I Do?*

*Squeeze · Grasp · Reach · Climb · Stoop · Bend · Kneel · Carry · Stand · Sit · Stretch*

### ❧ TIPS ❧

#### **MAKE S.M.A.R.T. CHOICES:**

**START LOW, GO SLOW.** The first key to starting activity is to start slow – meaning, maybe start by walking only 5 minutes a day. The second key is go slow – add activity in small amounts, at least 10 minutes at a time, but allow your body to adjust to the new level of activity before adding more.

**MODIFY ACTIVITY AS NEEDED.** Any activity is better than none! You can modify any physical activity in order to stay as active as possible.

**ACTIVITIES SHOULD BE JOINT FRIENDLY.** Choose activities that are easy on the joints like walking, bicycling, water aerobics, or dancing. These activities have a low risk of injury and do not twist or “pound” the joints too much.

**RECOGNIZE SAFE PLACES AND WAYS TO BE ACTIVE.** Safety is important for starting and maintaining an activity plan. If you are currently inactive or you do not have the confidence to start your own physical activity program, an exercise class designed for people with limitations may be a good option. Alternately, you may choose to direct your own activity. Be sure to find safe places to be active.

**TALK TO YOUR HEALTH CARE PROFESSIONAL.** You know your body better than anyone, but your medical professional may be able to give you advice on what types of activity are best for you and how much to do.



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## RESOURCES

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### **ALTA CANYON SPORT CENTER**

9565 S Highland Drive | Sandy, UT 84092 | Phone: 801.568.4600  
[www.altacanyonsportscenter.com](http://www.altacanyonsportscenter.com)

Weight Room | 5 Racquetball Courts | Aerobics Classes  
Mens/Womens Adult Locker Room with Jacuzzi and Sauna  
Outdoor Sand Volleyball Courts | Outdoor Tennis Courts  
Outdoor Olympic Size Pool with Slide and Splash Pad

### **DIMPLE DELL RECREATION CENTER**

10670 South 1000 East | Sandy, UT 84094 | (385) 468-3355  
[www.slco.org/dimple-dell/](http://www.slco.org/dimple-dell/)

Pools | Fitness Area | Group Fitness Room | Cycling Studio  
Indoor Track | Gym | Climbing Wall | Drop In Child Care

### **SANDY SENIOR CENTER**

9310 S 1300 E | Sandy, UT 84094 | Phone: 385.468.3410  
[www.sandyseniorcenter.org](http://www.sandyseniorcenter.org)

Enhance Fitness | Fit and Trim | Social Dancing Lessons  
Square Dancing | Line Dancing | Irish Soft Shoe Dance  
Table Tennis | Exercise for Arthritis  
Yoga | Tai Chi | Mental Martial Arts | Belly Dancing  
Zumba | Chair Yoga | Bocce Ball

### **INTERMOUNTAIN LIVE WELL CENTER**

389 S 900 E | Salt Lake City, UT 84102 | 385-282-2700  
Personalized Plans | Open Gym | Measure Your Health/Fitness Levels

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